

Adolescent Smoking Cessation Guidelines

Ask if the patient smokes cigarettes.

Yes

Acknowledge smoking, express concern, deliver rationale for quitting.

No

Congratulate for not smoking.

"I understand that you're smoking, and I'm concerned about that. Teens who smoke are much more likely to smoke as adults than teens who don't smoke. Most teenaged smokers think they will quit, but most never do because nicotine is so addicting. So if you have any interest in quitting, it's a really good idea to do it now, rather than wait until it becomes harder." (This message could also include a rationale that relates to a personal health problem, asthma or bronchitis, for example.)

"Are you interested in quitting at this time?"

Yes

"That's great – you have made a wise decision. Would you prefer to quit on your own or would you like some assistance?"

On own

Reinforce that, ask for their ideas, indicate willingness to provide assistance if they want.

No

Let them know you are available if they change their mind.

"I understand that you don't feel you are ready to quit right now. Let me know if you change your mind because I know of some good aids to help you quit."

With assistance

Offer a menu of options (listed on back) and let them choose. Make referral on their behalf if they prefer. Tell them you will ask how they are doing at their next visit.

Vermont's Quit Smoking Services

Free Telephone Quit Counseling

The Vermont Quit Line

The Quit Line links callers (who are **18 years old or older**) with a counselor who will call them at a convenient time. Counselors help smokers get ready to quit, and provide tips, advise, and support. The Quit Line can also link smokers with a local quit coach or mail out self-help materials.

The Vermont Quit Line will also check if callers are eligible for free or lower cost nicotine replacement therapy like patches, gum or lozenges. Call toll-free **1-877-YES-QUIT (1-877-937-7848)** or go to www.TobaccoStories.org for more information.

Local Groups

Not on Tobacco (N-O-T) Quit Smoking Classes for Teenagers

Created for young people looking for help to quit smoking—including help with withdrawal, relapse and questions about weight gain. Classes are held in school and community locations throughout Vermont. N-O-T has been offered for five years in Vermont and has helped nearly 1,000 students.

Classes run for ten weeks and are free of charge. To find out if there is a N-O-T class in your area, or to start a new location, call the American Lung Association at 1-800-LUNG-USA (586-4872) or e-mail tobacco@vtlung.org

Ready, set...STOP Program

Each Vermont hospital has a **Ready, set...STOP** program that offers one-on-one or group counseling to quit smoking (for smokers 18 years old or older). They can also help to get free or lower cost nicotine replacement therapy.

Web Support

Free Online Quit Smoking Support for Teens and Adults—www.VermontQuitNet.com

QuitNet gives advice, tips and other help to quit smoking for good. They figure out what type of smoker you are and send e-mails that fit your needs. Thousands of new messages are posted every day from people sharing their quitting experiences. The QuitNet access is free for all Vermonters, a savings of \$100.

Join QuitNet at www.VermontQuitNet.com

Nicotine Replacement Therapy

Nicotine replacement therapy is not currently recommended for adolescents. Literature reviews suggest that evidence of its efficacy is still lacking. Side effects are similar to those seen in adults.

For additional information about smoking cessation go to: www.healthvermont.gov/prevent/tobacco/index.aspx